

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

Congregant Meals (CM): Lunch Served at Noon/ Breakfast Served at 10:00am



Monday	Tuesday	Wednesday	Thursday	Friday
	1 MOW: SPAGHETTI W/MEAT SAUCE, Corn, Pears, Cottage Cheese & Garlic Toast CM: HAMBURGER PATTY, Cottage Cheese, Sliced Tomatoes, Mixed Fruit & Garlic Toast	2 MOW: STUFFED GREEN PEPPERS, Red Potatoes, Green Beans, Cantaloupe & Roll	3 MOW: TACO BAKE, Tri Patty Potato, Mixed Vegetables, Watermelon, Chips & Salsa CM: HOT BEEF, Potatoes & Gravy, Green Salad w/ Mandarin Oranges	4 MOW: FISH, Au Gratin Potatoes, Carrots, Tropical Fruit & Roll
7 MOW: CHICKEN DRUMMETTS, Potatoes & Gravy, Mixed Vegetables, Peaches & Roll	8 MOW: CHICKEN PARMESAN, Red Potatoes, Broccoli, Tropical Fruit & Roll CM: PICANTE CHICKEN, Red Potatoes, Green Beans & Peaches	9 MOW: ROAST PORK, Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll	10 MOW: SWEDISH MEATBALLS OVER NOODLES, Green Beans, Pears & Roll CM: VEGETABLE BEEF SOUP, Turkey Sandwich & Apple Slices	11 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers
14 Closed Columbus Day 	15 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN STRIPS, Fries, Coleslaw, Pineapple & Roll	16 MOW: SHEPHERD'S PIE, Green Beans, Pears & Roll	17 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Jell-O w/ Fruit & Roll CM: NAVAJO TACO W/ TRIMMINGS	18 MOW: HAM, Mac & Cheese, Pork-N-Beans, Pineapple & Roll
21 MOW: SALISBURY STEAK, Potatoes & Gravy, Mixed Vegetables, Pears & Roll	22 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding & Roll CM: **10:00 am Breakfast** FRENCH TOAST, Hashbrowns, Eggs, Sausage, Fruit & Juice/ Milk	23 MOW: CHICKEN PATTY, Potatoes, Peas & Tropical Fruit	24 MOW: CHICKEN CHOW MEIN, Rice, Egg Roll, Orange Wedge & Roll CM: **2:00 pm Lunch** PIZZA PARTY W/ TRIMMINGS	25 MOW: CHICKEN FRIED STEAK, Carrots, Apple Pie & Roll
28 MOW: CREAMY CHICKEN PASTA, Green Beans, Peaches, Pudding & Roll	29 MOW: BURRITO W/ CHILI, Tator Tots, Corn, Orange Wedge, Chips & Salsa CM: FISH, Baked Potato, California Blend Vegetables & Roll	30 MOW: MEAT LOAF, Potatoes & Gravy, Peas, Pears & Roll	31 MOW: HOT DOG, Bun, Pork-N-Beans, Corn, Potato Salad & Apple CM: **HALLOWEEN LUNCH** HOT DOGS W/ TRIMMINGS	

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00